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Contact Yoga: The Seven Points of Connection and Relationships

By Gruber, Tara Lynda. Chopra, Deepak, Foreword by Judith, Anodea, Contributor. Robbins, Anthony, Preface by Seeff, Norman, Photographer.

Mandala. 1 Paperback(s), 2012. soft. Book Condition: New. Grounded in traditional yoga postures, the Contact Yoga method explores the dynamic physical, emotional, and spiritual connection between two people. Tara Guber, founder of Yoga Ed. in Los Angeles, explains how Contact Yoga offers insight into the relationships of those who practice it, breaking down the barriers that keep us separated and putting us more deeply in touch with our partners and ourselves. This illustrated introduction and guide includes the experiences of both internationally recognized yogis and such celebrity practitioners as Cheryl Tiegs, as these individuals relate how Contact Yoga stretches, expands, and enhances their lives and relationships. 164.



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